

# Lads' night out?



## Did you know..?

- \* Half of all violent crime is alcohol related.
- \* Alcohol can make anxiety or depression worse.
- \* 17 million working days are lost each year through hangovers.



## TOP TIPS for responsible drinking

- Stick to single shots of spirits.
- Don't drink in rounds
- Pace yourself with soft drinks
- Choose drinks which contain fewer units.
- Don't drink and drive. When caught you can be prosecuted



1.8 units  
500ml can of lager  
3.8% ABV



3 units  
Pint of strong beer/lager/cider  
5.2% ABV



2 units  
Double spirit and mixer  
40% ABV



2.3 units  
Pint of lager  
4% ABV



2.8 units  
Pint of bitter  
5% ABV



1.7 units  
Bottled lager  
5.2% ABV



1 unit  
Sambuca shot  
42% ABV

## ALCOHOL KNOW YOUR LIMITS

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
<b>3-4</b>	<b>2-3</b>
UNITS DAILY	UNITS DAILY



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# Here come the girls!

## Did you know...?

- \* There are **185** calories in a large glass of wine.
- \* Alcohol can make anxiety or depression worse.
- \* Exceeding the daily limit gives you a higher risk of developing breast cancer.



## TOP TIPS for responsible drinking

- Make your white wine a spritzer, it will last longer
- Choose drinks which contain fewer units.
- Pace yourself with soft drinks
- De-stress with a walk or exercise rather than a drink.
- Don't drink and drive. When caught you can be prosecuted



**1.6 units**  
125ml glass red/white wine  
12.5% ABV



**1.4 units**  
275ml bottle alcopop  
5% ABV



**1 units**  
Single spirit and mixer  
40% ABV



**1 units**  
Irish cream liqueur  
50% ABV



**3.3 units**  
250ml glass red/white wine  
13% ABV



**2 units**  
Cosmopolitan cocktail  
18% ABV



**1 unit**  
Sambuca shot  
42% ABV

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**ALCOHOL**  
get the **FACTS** • weigh up the **RISKS**  
live with the **CONSEQUENCES**

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Having a drink

doesn't mean

having a

# hangover

## Did you know..?

- \* 1 in 3 say that at least once in the past year, drinking too much has ruined a good time for them.
- \* There are 185 calories in a large glass of wine.
- \* If you drink and drive, when caught you can be prosecuted.



## TOP TIPS for responsible drinking

- Cutting down your alcohol intake is not only good for your health; you'll sleep better, feel better in the mornings - no hangover - and feel less tired during the day.
- Your skin will look better and you may stop gaining weight!
- Drink plenty of water as alcohol can dehydrate you.



0 units

Apple and mango fruit drink



0 units

Alcohol-free wine



0 units

Water: bottled or tap



0 units

Alcohol-free cocktail



0 units

Orange juice



0 units

Cola: regular or diet



0 units

Alcohol-free lager

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